

Your chance to get real with your health

The Kentucky Employees' Health Plan (KEHP) is offering
realappeal®

A new online weight loss pilot program available for select members, including employees at your agency or school board.



Real Appeal is a simple, step-by-step program designed to, over time, teach healthy habits that lead to lasting weight loss results.

The program is truly unique and is proven to help participants lose weight, have more energy, reduce stress, and decrease the likelihood of developing associated health conditions.

The Real Appeal program provides you with all the tools you need to achieve lasting weight loss, including:

- **A personal transformation coach** who leads weekly online group sessions and provides one-on-one support to help tailor a program specifically for your needs, schedule, and goals.
- **A success kit** containing step-by-step guides, workout DVDs and gear, delicious recipes, and healthy kitchen cooking tools – including your own personal blender - and more.
- **A website and mobile app** for access to Real Appeal tracking tools, messaging, and digital resources anytime, from anywhere.

Real Appeal is offered at **no cost** to eligible KEHP members who have a BMI of 23 or higher. To learn more, check out this three-minute [educational video](#).

We hope you'll take advantage of this great opportunity!

Ready to get started? **Enroll now at kehps.realappeal.com.**



realappeal®

